

Athlete Gut Symptom Training Log

Use this before the situation starts. Pick one dominant risk and one next action.

1. Dominant Risk

- Food or ingredient uncertainty
- Bathroom access or urgency
- Hydration or constipation pattern
- Alcohol, caffeine, or reflux pressure
- Timing, stress, or recovery
- New, severe, or changing symptoms that need clinician review

2. Smallest Useful Plan

Write one change for today:

3. Backup Route

If symptoms start or the plan changes, I will:

4. Next Read

Use the article route table for the next best page instead of adding more restrictions by default.

Safety Note

Get medical support for new, severe, persistent, or concerning symptoms, especially bleeding, unexplained weight loss, fever, dehydration, anemia, vomiting, nighttime diarrhea, or a major change from your usual pattern.